

# THE JUNIOR COOK BOOK

CLARA INGRAM JUDSON



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# THE JUNIOR COOK BOOK

BY  
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TO  
ALICE AND MARY





## GENERAL DIRECTIONS

### FOR COOKING

After you have decided which recipe you wish to use, read it over very carefully. Thrifty cooks decide in the morning what they will cook during the day and order what groceries are needed for all cooking. This avoids the shiftless habit of running to the grocery just before mealtime. Sometimes, tho, a young cook decides to make something on the spur of the minute; it is all the more necessary then, that the cook read the recipe over with care and see that all materials required are at hand before actual cooking begins. If materials are not in the house, select some other recipe or market for what is needed.

Notice the time mentioned for cooking and figure about how long before mealtime you should begin work. A beginner cook should allow plenty of time for preparations—at least twice as long as an experienced cook would take. This will avoid the last minute flurry that spoils many an otherwise good dish.

## GENERAL DIRECTIONS

When ready to begin cooking, read the recipe thru again and get out all materials required.

Next get out all utensils needed and lay them on the table where they will be most conveniently at hand.

If pans are to be greased or any material is to be ground, do that next.

For the actual cooking, follow the directions given in the recipe step by step. If you measure accurately and do each step just in the order the recipe directs, you will have a successful result—you cannot fail.

As soon as you are thru cooking, put your utensils to soak. Greasy dishes and tools soak in hot water; floury things go into cold water to dissolve the starch. A good cook always puts away materials, washes the dishes and tidies the kitchen; then folks want her to come again.

While learning to cook, it is a good plan to make but one dish at a meal. As one gets more experience and learns to watch more than one thing, try two dishes and finally a whole meal.

A girl or boy who learns how to cook plain, nourishing food is a good citizen.

## GENERAL DIRECTIONS

### FOR TAKING CARE OF THIS BOOK

Every other page of this book is left blank so there will be space for pasting in recipes that may be given by friends or may be read in the magazines.

If the recipe is cut out of a magazine it can simply be pasted in—put it near the foods to which it belongs so it will be easy to find—but if the recipe is given you by someone, try to get a typewritten copy for pasting in your book. If that is impossible, write it in on the proper page, using your neatest hand writing and being sure you copy the amounts and directions exactly right.

Never put a new recipe into your book till you have tried it once and have found that you like the product and that the recipe is complete and correct.

When working in the kitchen, prop this book open at the back of the table where no drops from stirring materials can touch it. Never handle the book with floury or greasy hands.

Most kitchen cabinets have a wire rack on the inside of the cupboard doors; the cook book can be propped open behind this rack where it can easily be seen and referred to, and yet be high and dry and clean.



## PREFACE

There has been a real demand for a book of cooking directions for young folks; a book that concerned itself not so much with candy and "unusual" desserts as with good, plain, nourishing food with directions so straightforward that any reader could understand.

The recipes in this book are the result of much study and experiment with children. Every recipe given has been made by a child of twelve (or under) without any directions other than here given. The directions are given one step at a time—largely one sentence at a time—and nothing in the way of previous knowledge is taken for granted. By this method a young and ambitious cook may actually cook real food without the necessity of having a mother or other adviser right at hand while the work is going on. This independence is valuable at any time, but in case of illness in the family or of the sudden absence of the house-keeper, a child may, with the help of this book, teach herself to cook and thus tide the family over an emergency. Boys as well as girls will

## PREFACE

want to be self-helpful; it may be well enough to have no knowledge of cooking at home, perhaps, but how about the camping trip or the house party? At such a time the boy who knows how to cook is easily the leader and is well repaid in fun for his effort in learning.

With the idea of helping toward this independence, a few menus are included at the end of the book, in order that the young cook may be guided toward knowledge of correct food combinations. These are merely suggestive but will be found a real help if no adviser is near.

It will be noticed that there are an unusual number of recipes for cooking vegetables. Children do not know how vegetables should be prepared; yet fresh, well cooked vegetables are one of the cheapest and best of foods. By following the directions given here a young cook can greatly add to the variety of her menus.

There are a considerable number of recipes for making jam. Some girls have found that they can make jam in vacation and sell it for pin money in the fall. Also, jam done up in nice paraffin covered glasses makes the nicest sort of a Christmas present, and the wise girl will use a part of her summer vacation in a profitable fashion. It is best to begin by making jam in small quantities, so all the recipes are planned for small amounts, but they are easily

## PREFACE

doubled or increased still more when the cook has gained experience.

Attention is also called to the large number of inexpensive dishes that have meat value—cheese dishes, egg dishes and dishes that call for a small amount of inexpensive meat. These foods will be found very nourishing, tasty and inexpensive and many an older cook will be glad to use them in her menus.





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MEATS, AND DISHES THAT HAVE  
FOOD VALUE OF MEAT



## BACON OMELET

Cut 3 slices of bacon into 4 pieces each.

Put into a frying pan and set over a *very low* fire.

Break and divide 3 eggs, putting the whites on a platter and the yellows into a bowl.

With an egg beater beat the whites till they stand up firm and stiff.

Turn the frying bits of bacon.

Add 1 teaspoonful of salt and

3 tablespoonsful of water to the yellows,  
and beat till smooth and creamy.

Take up the bacon onto a warm platter. By this time the bacon should be nicely browned but not scorched. If not brown enough, increase the heat and while watching carefully let brown, then take up.

Pour yellows into whites and beat three or four beats to mix as lightly as possible.

Slide from the platter onto the frying pan.

Watch carefully and when the egg is set firm at the sides loosen the cooked egg with a spatula so that it does not stick.





## BACON OMELET

Cook slowly for 5 minutes and then set in a hot oven for 8 minutes.

Remove from oven. (The handle of the pan will be very hot so be sure you have a good thick holder to protect your hand.)

Arrange the pieces of bacon around the side of the platter; loosen the omelet at side of pan with your spatula and push it gently into the middle of the platter.

Serve at once.

You will notice that there is no difficult turning of an omelet when it is cooked this way. This recipe will serve 4 persons and makes a fine breakfast or luncheon dish. Add  $\frac{1}{3}$  of the recipe for each additional person you may wish to serve.



## CHEESE OMELET

Open 4 eggs and divide the whites from the yellows putting them in separate bowls.

Beat the whites till very stiff.

Add 4 tablespoonsful of water,

1 teaspoonful salt,

1/4 teaspoonful pepper to the yellows and beat till smooth.

Put 1 tablespoonful of meat drippings in a frying pan and melt till the bottom and sides of pan are well greased.

Pour yellows onto stiff whites and beat gently till mixed.

Put the pan over a slow fire and pour the eggs onto it when it is warm.

Cook 5 minutes over a moderate fire.

During this five minutes, slice 3 oz. of cream cheese into thin slices.

When omelet has cooked 5 minutes lay the slices of cheese over the top. The whole omelet should be fairly well covered.

Put the frying pan into the oven and bake the omelet till the cheese is melted to a tempting brown. This should take 12 or 15 minutes.



## CHEESE OMELET

Take from the oven. Be very careful to protect your hands as the handle of the pan will be very hot.

With a spatula, loosen the omelet around the edges.

Slide it gently onto a hot platter; garnish with a bit of parsley and serve immediately. Notice that the omelet should *slide* onto the platter; do not attempt to turn it over as that will make it heavy.



## CREAMED CHEESE ON TOAST

Grate enough dry cheese to make a level tablespoonful. (Fresh cheese will do just as well but this is a good way to use up the dried bits that may be left over.)

Put 4 tablespoonsful of butter (or substitute) into a saucepan with 4 tablespoonsful of flour.

Stir carefully and cook till a smooth paste is made.

Stir in very gradually 2 cupsful of milk.

Cook till smooth and creamy. If milk has been added gradually there will be no lumps.

Add the grated cheese and cook slowly 3 minutes.

Draw pan away from the heat to where it will keep warm but will not cook any more. A good plan is to set the pan over a second pan filled with boiling water.

Make six slices of toast.

Put each piece of toast on a hot plate.

Ladle the creamed cheese over the hot toast and serve immediately. This amount of cheese could be made to serve 8 pieces of toast if desired.

This is a very good luncheon or breakfast dish.





## CORN OYSTERS

Cut the corn off of 2 medium sized ears.

(1 cupful of canned corn or the corn cut off 2 left over ears of boiled corn will be almost as nice, in case fresh, uncooked ears are not available.)

Break 2 eggs into a bowl.

Measure 1 teaspoonful of salt and

4 level tablespoonsful of flour and beat in with the whole eggs till the mixture is smooth and creamy.

Drop the cut off corn into the egg mixture and beat lightly again. Use a large fork for beating.

Put two tablespoonsful of meat drippings into a frying pan and heat.

When grease is very hot put in the egg and corn mixture, 1 tablespoonful at a time.

Brown lightly on one side and then turn with pancake turner and brown on the other. It is better to cook about 5 "oysters" at a time so that you can watch each one and cook it a perfect and even brown.

Take these up onto a hot platter.

Put 1 tablespoonful more fat into the pan



## CORN OYSTERS

and cook five more. The recipe makes about 10 "oysters."

This is a delicious dish for breakfast or luncheon during the season of fresh corn and, by using canned corn, can be made at any time of year.



## BROILED OYSTERS ON TOAST

This is a fine recipe for Sunday evening tea.

Have ready 1 pint of oysters,  
6 large or 12 small pieces of bread,  
2 tablespoonsful of butter,  
salt and pepper.

When everything else about the tea is ready to serve, toast the bread, being careful to brown the second side of each piece only slightly.

Lay the toast, lightly browned side up, in a big, shallow cookie pan.

Lay the oysters on the toast, dividing so that each piece gets an equal share with each other piece.

Cut the butter into tiny bits and drop over the toast.

With a salt and pepper shaker, daintily season the oysters.

Slip the pan into the broiler and cook till the edges of the oysters are curled.

Serve at once.



## SUNSHINE EGGS

Boil 3 eggs for 20 minutes.

Drop the cooked eggs into cold water for five minutes.

Peel off the shells. The cold water makes the shells come off quickly and neatly.

Cut each egg into half, longways.

Take out the yellows and drop them into a bowl.

With a fork, break up the yellows till they look like fine meal.

Add  $\frac{1}{2}$  teaspoonful of salt and 1 saltspoon of pepper and mix well with the yellows.

Melt 2 tablespoonsful of butter substitute in a sauce pan.

Add 2 tablespoonsful of flour and  $\frac{1}{2}$  teaspoonful of salt and mix with the melting butter.

Let this cook very slowly and stir all the time.

When butter and flour are a smooth paste begin to pour on 1 cupful of milk. Stir all the time and add the milk very slowly so that it will cook in well. Stir and cook slowly till all the cupful of milk is blended in with butter and flour.





## SUNSHINE EGGS

Draw away from fire to where cream will keep warm but will not scorch.

Make six slices of toast.

Cut each egg white into 4 long strips.

Arrange strips on toast, 4 to each piece.

Pour the cream made of butter, flour and milk over the six slices dividing it as evenly as possible.

With a spoon sprinkle the crumbled yellows over the cream and serve at once, as it must be very hot to be tasty. A shake of paprika, if liked, makes a pretty bit of garnish to each piece.



## SCRAMBLED EGGS

Break 2 eggs into a small bowl.

Add  $\frac{1}{2}$  saltspoonful of pepper,

$\frac{1}{2}$  teaspoonful of salt, and

1 cupful of milk.

Beat with a fork till foamy.

Melt 1 teaspoonful of meat drippings, lard, or oil in a small frying pan.

Pour the egg and milk mixture into the pan.

With the fork toss the egg lightly while it cooks over a slow fire.

When the egg is almost set firm, turn it quickly onto a hot platter or serve directly onto warm plates.

This is a very tasty and economical way to cook eggs, as this amount, only 2 eggs, will serve 4 people.

If desired the egg may be taken up on small pieces of toast.



## BAKED SAUSAGE WITH VEGETABLES

Buy 8 links of small link sausage.

Wash and put in pan with 1 cup of water.

Boil for 20 minutes.

Grease a baking dish with meat drippings or oil.

Measure out 3 cupsful of cooked rice. Mashed or boiled potatoes diced or cooked macaroni or spaghetti will make a nice dish too, but rice is the best.

1 cupful of tomatoes cut fine or  $\frac{3}{4}$  cupful of tomato juice.

2 onions cut up fine (this may be omitted if onion seasoning is not desired).

Any left over vegetables such as peas, carrots, beets or the like to the amount of 2 cupsful may be used if desired.

Put a layer of rice in the baking dish.

Lay 4 of the cooked sausages over rice.

Put half the vegetables over meat.

Arrange another layer of rice, sausage and vegetables.

Put remainder of rice over the top. If rice (or its equivalent) was not seasoned enough



## BAKED SAUSAGE WITH VEGETABLES

when cooked add 2 teaspoonsful of salt by sprinkling over the top of all.

Put 2 cupsful of water over all and bake for 35 minutes. (If any water was left from cooking sausages, it should be used as part of this 2 cupsful.) Serve hot. This is ample for 4 people and will make a whole meal, as meat and vegetables are all together.





## CREAMED DRIED BEEF ON TOAST

Buy  $\frac{1}{4}$  pound of dried beef.

Tear into small shreds.

Put 2 tablespoonsful of meat drippings into a frying pan. (Vegetable oil or lard may be used if preferred. Butter is very delicious but makes the cost higher.)

Drop the shredded meat into the fat and toss well.

Put over a slow fire and cook till meat begins to brown a very little.

Measure 3 tablespoonsful of flour,

1 saltspoonful of pepper onto a plate.

Slide the flour and pepper over the browning meat and toss till flour too, begins to get a little browned.

Very slowly, stirring all the while, pour over the cooking meat 1 pint (2 cupsful) of milk.

Stir till smooth and creamy.

Have ready small pieces of toast—1 for each person to be served.

Arrange toast on a hot platter or on individual plates.

With a large cooking spoon serve the meat,



## CREAMED DRIED BEEF ON TOAST

putting 1 or more spoonsful on each piece of toast. This recipe will serve 4 or 5 people.

Garnish with a bit of green and serve at once.

This is very nice to serve at luncheon or at dinner with mashed potatoes instead of toast.



## DEVILED EGGS

Put 6 eggs into a saucepan.

Cover with water, bring to a boil and boil for 20 minutes.

Pour off hot water and cover at once with cold water till the eggs are cool. This sudden change from hot to cold water will make the shells come off easily, and neatly.

Cut the eggs, when shelled, into halves, longwise.

Take out the yellows into a bowl. Lay the empty white halves on a plate till needed for filling.

Into the bowl in which you have put the yellows put 1 tablespoonful vegetable oil. (Use melted butter if you have no vegetable oil.)

2 teaspoonsful vinegar,

$\frac{1}{2}$  teaspoonful salt,

$\frac{1}{4}$  teaspoonful pepper,

$\frac{1}{4}$  teaspoonful ground mustard.

Mix together by mashing with the back of a spoon till the mixture is smooth and creamy.

Fill the white shells with the yellow mixture, packing neatly so that the shells are rounded full without smearing.



## DEVILED EGGS

If the eggs are wanted for picnic use, fit two stuffed halves together, fasten with a smooth toothpick and wrap neatly in paraffin paper. If they are prepared for home use, leave the halves separate; arrange them neatly on a platter, yellow part up: put a border of lettuce or parsley around the edge and serve very cold.





## HAM AND EGGS, JUNIOR FASHION

Recipe for four persons.

Use  $\frac{1}{4}$  pound boiled ham cut with slicer No.

4. This should make 4 nice sized pieces.

4 eggs.

Lay slices of ham in a frying pan and brown daintily over a slow fire.

Take up on a warm platter being sure that the slices keep their shape.

Drop 4 eggs, one at a time, into the pan and cook till the edges get frilled and browned.

(To break the eggs, knock an egg on the side of the table or of a pan. Insert right thumb in crack. With fingers of both hands pull shell apart and drop egg gently into a dish. Slide egg from dish into frying pan and continue with second egg. By keeping each egg separate from the others an old egg may be discovered and thrown out without damaging others.)

If hard eggs are liked turn each egg over with pancake turner and cook again.

Take up into platter and garnish with a bit of parsley or lettuce.

Serve at once.



## MEXICAN LAMB, EN CASSEROLE

Take 2 cupsful of cooked lamb cut into small pieces before measuring.

- 2 small dried onions, cut very fine,
- 1 cupful of cooked carrots, sliced,
- 1 green pepper, cut into long strips,
- 1 cupful of cooked rice,

Any leftovers of tomato, peas or lamb gravy on hand may also be used, and will add to the flavor.

- Measure out 1 tablespoonful flour,
- 1 teaspoonful of salt and

1 salt spoonful of pepper and mix together dry ready for use.

Grease the sides and bottom of a casserole dish, or any good baking dish, with meat drippings or oil.

Put in a layer of meat and rice and vegetable and sprinkle  $\frac{1}{2}$  the flour, salt and pepper over all.

Put in a second layer of meat and rice and vegetables and sprinkle on the second half of the seasonings.



## MEXICAN LAMB, EN CASSEROLE

Put 2 tablespoonsful of ketchup over the top. (If any tomato has been used this may be omitted if desired.)

Pour over the whole dishful 2 cupsful of hot water.

Sprinkle bread or cracker crumbs over the top and bake 35 minutes.

Serve hot. This is enough for five people.

This is a very economical and delicious way to use up the last bits of a large lamb roast. As meat and vegetables are all in the one dish it, with the addition of a salad or desert, makes a whole meal.



## MEAT LOAF

Buy 1½ pounds of beef and ½ pound of fresh pork, ground together.

Measure out 2 cupsful of bread crumbs,

1 cupful of milk,

1 tablespoonful salt (be sure this is level only),

½ teaspoonful pepper.

Crack 1 egg and drop into saucer.

Cut up 1 green pepper (this may be omitted if out of season).

1 dried onion.

Put meat into a large mixing bowl.

Put all ingredients in with the meat reserving ¼ cupful of crumbs for later use.

Add 2 tablespoonsful of ketchup.

Wash your hands carefully with soap and dry well.

Prepare a baking pan by greasing with meat drippings.

With both hands mix the meat and ingredients till all are well worked together. This may be done with two big forks but a much better result is obtained if hands are used.





## MEAT LOAF

Lay the meat loaf, when well mixed, in the baking pan. Press firmly till neatly shaped.

Sprinkle  $\frac{1}{4}$  cupful of bread crumbs over the top.

Bake in moderately hot oven for 50 minutes.

This recipe may be molded into 2 loaves and then will bake in 35 minutes—a saving of gas.

Remove from oven.

With a spatula loosen from the baking pan.

Slide onto a warm platter, garnish with a bit of green and serve at once.

This amount will serve 4 people for at least 2 meals; for use the second meal the meat may be sliced cold or carefully reheated.



## SARDINES ON TOAST

Open a can of sardines according to the directions given on the can, and pour the contents onto a plate.

Toast four pieces of bread a very light brown. White bread is nice for this but if the family like an occasional change this is a good time to make rye bread toast.

Arrange 2 sardines on each piece of toast—opening each tiny fish, removing the center bones and laying the fish in neat fashion on the toast.

Lay the covered toast on a shallow pan.

Set the pan in a moderately hot oven for 5 minutes.

Serve at once.

This is a very nice dish for breakfast or luncheon.



## VEGETABLES



## FRESH TOMATOES ON TOAST

Make 4 pieces of toast.

Slice a large tomato into 4 even slices.

Lay 1 piece in the center of each piece of toast.

Put  $\frac{1}{2}$  teaspoonful butter,

1 saltspoonful salt and

1 dash of pepper on each slice of tomato.

Put in a shallow pan and set in a moderately hot oven for 5 minutes so that the tomatoes will get hot.

Serve at once.

This is a very delicious dish for a summer breakfast or luncheon.

A bit of cheese grated onto the tomato is liked by some and adds to the food value of the dish.





## BUTTERED BEETS

Wash 2 bunches of beets very carefully.

If the tops are free from holes made by insects, wash those; put into water for an hour and cook for greens. If the tops are much eaten, as beet-tops bought at a grocery sometimes are, do not try to use them.

Cut the tops off about 4 inches from the root.

Put the beets (with this 4 inches of stem attached) into a saucepan.

Cover with boiling water and boil till tender. To tell when beets are tender, prick gently with a fork. When the beets are done, the fork will easily run way into the beets. Small, young beets will cook in 30 minutes; old beets of large size will need at least 1 hour. Never test beets till they have cooked what you think should be about enough, as pricking them needlessly will spoil the pretty red color. Watch the amount of water if the beets have to cook long, and pour on more if too much boils away. Beets will scorch easily if the water boils away.

When they are done, remove at once from the fire. Pour off the hot water and cover at once



## BUTTERED BEETS

with cold water. This will loosen the skins. If plenty of running water is at hand, set the pan full of beets and hot water under the cold water faucet and let the cold water run until the beets are cold. Then there is no danger of burning fingers in pouring off the boiling water.

As soon as beets are cool, cut off 3 inches of the stems and arrange neatly in a dish.

Then skin the beets (the skin will pull right off in the fingers), slice them and arrange them on top of the beet stems.

Sprinkle with 1 teaspoonful salt.

Pour over all 2 tablespoonsful melted butter.

Serve hot.

If any beets are left over a half cupful of vinegar may be added to make pickled beets for the next day's dinner.



## BAKED CORN

Measure 3 cupsful of corn cut from the cob. Fresh uncooked corn is best but the dish is very nice if left-over, cooked corn is used. If fresh corn is not in season the recipe may be made with 1 can of canned corn.

Shake 1 tablespoonful of flour over the corn and toss with a fork till the flour is well mixed with the corn.

Beat 1 egg till light.

Add 1 teaspoonful salt,

1 pint (2 cupsful) milk and beat again.

Grease a baking dish.

Mix the corn and egg with milk and beat 1 minute.

Pour into the baking dish and bake 25 minutes.

If mango peppers are liked  $\frac{1}{2}$  pepper may be cut up and mixed with the corn. Also a left-over piece of celery, cut very fine, makes a nice bit of seasoning either with or without the pepper. Save the other half of the pepper for salad or to season a meat loaf.



## DANDELION GREENS

The jolly part of serving dandelion greens comes in the fun of getting them. Some Saturday morning in the early spring, or some night after school, take a basket and a trowel or old knife and start out after greens. The dandelions should be cut off about an inch below the level of the ground and they should be cut before the plant blossoms. After blossoming the greens are more apt to be bitter.

At meal time, wash the greens very carefully. Use 2 or 3 changes of water and be sure to get all the grit and sand washed away.

Put about 3 quarts of greens in a kettle.

Add 1 pint of water and cover very closely. If the kettle is very closely covered the greens will cook in this small amount of water and will be a much finer flavor than if a lot of water is used.

Cook for 20 minutes.

Cut up 4 pieces of breakfast bacon into tiny bits.

Fry till delicately brown.

Drop the bacon bits on top of the greens, pour





## DANDELION GREENS

the fat that has fried out over the top and cook for 5 minutes.

Season with 1 teaspoonful of salt just before serving.

(The water should have about boiled away. If any should be left, do not save it.)

Serve hot. Many like a seasoning of vinegar at the last minute.

If any greens are left over they may be used in a combination salad.



## CREAMED GREEN ONIONS ON TOAST

This is a very good vegetable dish to serve in the springtime when the green onions in your garden are growing too fast for salad use, or when the large bunches of onions on the market are cheap and plenty.

Wash the onions.

Cut off the root end and the top 2 inches above the beginning of the green part.

Put 2 dozen onions on to boil in a pint of boiling water.

Boil for 15 minutes.

Add 1 teaspoonful of salt and cook 5 minutes more.

Drain off the water and save it for soup stock.

Make a white sauce this way:

Put 2 tablespoonsful of butter substitute in small saucepan over the fire.

When butter is melted add 2 tablespoonsful of flour.

Stir carefully and cook till smooth.

Stir in very gradually 1 cupful of milk and cook slowly till smooth and creamy.

Make 4 pieces of toast.



## CREAMED GREEN ONIONS ON TOAST

Put 6 cooked onions on each piece of toast.

Pour the cream sauce over the toast and onions and serve at once.

Plan to make the white sauce while the onions are cooking the 15 minutes. Draw the sauce back where it will keep hot but will not scorch; season the onions and then the last 5 minutes make the toast. In this way it will all be done, and hot, at the same time.



## ESCALLOPED OYSTER PLANT

Wash the oyster plant and put it in a deep panful of water.

With the hands all the time under water, cut off the stem and tip root end and scrape the skin. By working under water the hands are not stained and the vegetable does not turn dark and unsightly.

Slice in thin slices and drop into another panful of water.

When all has been skinned and sliced, wash in two changes of water.

Cover with boiling water and boil for 5 minutes.

Pour off the water.

Grease a baking dish with meat dripping or butter.

Put in a layer of oyster plant.

Sift together  $\frac{1}{2}$  cupful of flour with 1 teaspoonful of salt and  $\frac{1}{4}$  teaspoonful pepper.

Sprinkle part of this flour mixture over the oyster plant.

Put in another layer of oyster plant and another layer of seasoned flour.





## ESCALLOPED OYSTER PLANT

There should be about 4 layers with flour on the top of the last layer.

Pour  $1\frac{1}{2}$  cupsful of milk over the whole dishful and bake 45 minutes.

A very easy and delicious way to cook a little used, but very cheap and wholesome, vegetable.



## YOUNG LETTUCE FROM YOUR GARDEN

When the lettuce in the garden grows too thick and fast, thin it out by pulling a handful of the biggest leaves.

Wash carefully, leaf by leaf, drain, and cut or tear into small pieces.

Cut four thin slices of bacon into six pieces each.

Drop these pieces into a frying pan and brown nicely over a slow fire.

Cut up one small onion and brown with the bacon if onion flavor is enjoyed.

Toss till browned and then pour on 1 cup of vinegar.

While this slowly heats arrange the lettuce in a serving dish.

Pour the boiling hot vinegar, with the bacon bits and onion, over the lettuce and serve at once.



## RICED POTATOES

Scrub 8 medium sized potatoes.

Put in a saucepan and cover with boiling water.

Boil till skins break—about 25 minutes.

Pour off water at once.

Peel potatoes by stripping off loosened skins.

Put thru a potato ricer into a baking dish.

Put  $\frac{1}{2}$  cup milk.

2 teaspoonsful butter.

1 teaspoonful salt

into a small pan and heat till steaming hot.

Pour this over the potatoes.

Put potatoes in hot oven for 15 minutes and then serve at once.



## TASTY SPINACH

### Material:

½ peck spinach.

4 thin slices of bacon or an equal amount of salt pork.

1 hard boiled egg.

1 teaspoonful salt.

Wash spinach carefully.

Cut off coarse root end.

Wash again to be sure all sand is removed.

Fry bacon at the bottom of a kettle, or large pan, till all fat is cooked out but the bacon is not yet brown.

Pour ½ cupful of water over the bacon.

Drop spinach lightly into the kettle and cover at once.

Cook till tender. The fire should be very moderate so that cooking takes about 30 minutes. Hard cooking spoils the flavor and too much water spoils the food value of the spinach.

The water should have about boiled away in 30 minutes so that the spinach can be served at once without draining.

Add salt just before serving.

Garnish with slices of hard boiled egg and serve at once.





## YOUNG CARROTS

Pull the carrots early in the morning. Cut off tops and put in a cool place.

An hour before mealtime, scrape off rough places and slice into  $\frac{1}{2}$  inch pieces. Do not use the tip of root.

Put on to cook in saucepan with boiling water. Use 2 pints of water to 3 cupsful of carrots.

Cook till tender. This will take 20 to 30 minutes according to the age of the carrots. (Winter carrots will take half again as long.)

Drain off water and save for soup stock.

Add 1 teaspoonful salt, 2 teaspoonsful butter and  $\frac{1}{2}$  cup milk.

Bring to a boil and serve at once.



## POTATO CAKES

Scrub 5 medium sized potatoes.

Put in a pan and cover with boiling water.

Boil till skins break—will take about 25 minutes.

Pour off the water at once.

Peel off skins. (Stick a large fork in the potato and strip off loosened peeling with small knife.

Put peeled potatoes thru a ricer.

Add  $\frac{1}{2}$  teaspoon salt,

$\frac{1}{2}$  cup milk,

1 teaspoonful butter and beat well.

Drop one tablespoonful at a time onto a frying pan which has been well greased with meat drippings.

When brown around the edges, turn over with a pancake turner and brown on other side.

Serve at once on a warm platter. This makes 6 or 8 cakes.



## LUNCHEON POTATOES

Scrub 4 large potatoes.

Cut in halves the long way.

Arrange in a shallow pan the cut side up.

Lay a slice of cream cheese on the cut side of each potato.

Sprinkle daintily with salt.

Put in the oven and bake for 35 minutes.

Serve at once.

These are easy to fix and are very nourishing. Can be used at any meal but are particularly good for luncheon, as the cheese makes them take the place of both meat and potato.



BREADS, MUFFINS, WAFERS  
AND COOKIES





## BROWN BREAD

Put 1 cupful of molasses (cooking syrup, very dark brown color),

1 teaspoonful salt,

$\frac{1}{2}$  teaspoonful soda

in a saucepan and cook over a slow fire till it bubbles up.

Stir 3 or 4 times and remove from fire.

Dissolve  $\frac{1}{2}$  teaspoonful soda in

1 pint (2 cupsful) of sour milk or buttermilk.

Stir till foamy.

Add this to the molasses and stir 3 or 4 times.

Sift  $1\frac{1}{2}$  cupsful of flour with

1 teaspoonful baking powder and spread on a plate.

Put 1 cupful of raisins (seeded) on this plate and with a fork, toss till all the raisins are covered with flour.

Grease 2 bread tins; cut papers to fit the bottoms; grease papers. Note that the grease should be both above and below the paper. The best way of greasing a pan is to apply the grease, or oil, with a brush kept for that pur-



## BROWN BREAD

pose. If there is no brush at hand use a clean bit of yellow paper on which there is no printing. If greasing is done right the hands can be kept tidy and clean.

Put  $1\frac{1}{4}$  cupsful of bran

1 cupful of cornmeal into the molasses and milk and stir.

Add the flour and raisins and beat well.

Pour the dough (which will look rather thin) into the two pans, dividing equally.

Bake in rather slow oven for 50 minutes.

Do not cut till cold. This bread is fine for sandwiches as well as for serving plain.



## CORN BREAD

Mix together 2 tablespoonsful of fat (lard, vegetable oil or meat drippings will make good corn bread),

1 tablespoonful sugar,

$\frac{1}{2}$  teaspoonful salt,

1 egg.

Beat till smooth.

Measure out  $1\frac{1}{2}$  cupsful sour milk or buttermilk.

Add  $\frac{1}{2}$  teaspoonful soda to the milk and stir till foamy.

Pour this onto the first mixture and stir lightly.

Sift 1 teaspoonful baking powder with

$1\frac{1}{2}$  cupsful flour.

Add this flour and

$1\frac{1}{2}$  cupsful cornmeal to the dough and stir till well mixed.

Grease a large shallow baking pan and pour the cornmeal dough in, spreading it out well so that the whole large pan is evenly covered.

Bake for 20 minutes in a moderately hot oven.



## CORN BREAD

In serving the corn bread be sure to break it apart instead of cutting it. Corn bread should be served very hot, and cutting hot bread makes it heavy and poor.

Yellow cornmeal makes the prettiest corn bread.

In times of year when eggs are very high the egg may be omitted from this recipe. But with the egg, the bread is a little finer, richer and more nourishing.

Served with strips of well cooked bacon and greens of some sort, corn bread makes a complete meal.





## POPOVERS

Grease a muffin tin of 8 rings very carefully and put it in the oven so it will get hot.

Put into a mixing bowl 1 egg,

1 cupful milk,

1 cupful flour, sifted twice,

$\frac{1}{2}$  teaspoonful salt.

Beat till creamy and smooth.

Drip the dough, which is very thin, into the muffin rings which by now should be very hot. Divide the dough as evenly as possible so that the popovers will bake in the same length of time.

Put in a hot oven and bake 20 minutes or until the popovers pop away up and get nicely brown.

Take from the pan very quickly and serve immediately. To be successful popovers must be served while very fresh and hot.

Popovers are supposed by some to be very hard to make but if these simple rules are followed success is sure. They make a fine breakfast or luncheon dish.

The recipe may be doubled for a larger amount.



## BRAN MUFFINS

Grease a muffin tin of 12 rings.

Mix together in a mixing bowl.

2 tablespoonsful of sugar,

2 tablespoonsful of shortening (vegetable oil, meat drippings, lard or butter substitute are good).

$\frac{1}{2}$  teaspoonful of salt,

1 cupful milk,

$\frac{1}{4}$  cupful of water.

Mix the first three ingredients till creamy and then add the next two.

Sift together  $\frac{2}{3}$  cupful of flour and 4 teaspoonsful of baking powder.

Add this sifted flour and baking powder to the first mixture and then add

$1\frac{1}{3}$  cupsful of bran.

Beat well till thoroly mixed.

Drop by spoonsful into the greased muffin rings and bake for 20 minutes.

Turn the pan upside down and the muffins will drop from the pan.

Serve hot.

These muffins are very inexpensive (no egg) and are very wholesome.



## CORN FLOUR MUFFINS

Sift together two times,

1 cupful wheat flour,

1 cupful corn flour,

3 level teaspoonsful baking powder.

Drop 2 tablespoonsful of very cold fat into this sifted mixture and with the tips of the fingers work the fat into the flour till it is all evenly flaky. (For fat, lard, vegetable oil or butterine may be used.)

Pour  $\frac{3}{4}$  cup of milk into this mixture and with a fork toss about lightly in the bowl till the milk and flour are well mixed. This must be done quickly and with a tossing, not a stirring, motion.

Put the dough on a floured board.

With the fingers well covered with flour pat the dough till it is only about  $\frac{3}{4}$  inch thick.

Cut out small biscuits with a biscuit cutter and place them in neat rows in a floured pan.

Bake 20 minutes.

This is a very good biscuit to serve with a meat dinner.



## SPOON BISCUIT

Put

3 cupsful of flour,

3 teaspoonsful of baking powder,

1 teaspoonful of salt into a flour sifter and sift twice. This is done by sifting onto a plate, then, with the flour scoop, putting the flour mixture back into the sifter and sifting again onto the same plate.

Measure 3 tablespoonsful of lard or cooking oil and put with flour mixture.

With the finger tips work the fat into the flour till the whole mass looks "crumbly."

Wash hands and get out muffin tins.

Grease muffin tins for 18 rings. If the tins are very large 12 may be enough, but a large number of small biscuits are very nice.

Measure out 1 cupful of milk.

Pour the milk into the mixture of flour and fat and, using a big fork, work it quickly into a soft dough.

Take a big spoon and drop spoonful into the muffin pans. Divide the dough evenly so that biscuits are about even size but work as quickly





## SPOON BISCUIT

as possible, for the baking powder begins to act as soon as the milk is in the dough.

Bake 18 minutes in a hot oven. In case the recipe is divided into 12 large biscuits, bake 20 minutes.

This is the same as baking powder biscuits except that the dough is made softer so that it can be dropped from a spoon instead of being rolled out on a board. These spoon biscuits are much easier for a junior cook to make.



## CINNAMON TOAST

Cut 6 thin slices of bread.

Measure out  $\frac{1}{2}$  teaspoonful of ground cinnamon

2 teaspoonsful of granulated sugar.

Mix the sugar and cinnamon in a small dish.

Toast the bread on one side.

Spread the untoasted side with butter and sprinkle with the sugar-cinnamon mixture.

Toast this side. This is most satisfactory if the toast is made under a broiler. If you make toast on an electric toaster or with a fork over a fire, it is best to toast both sides and then butter and sugar the bread and set it in a hot oven to melt the sugar.

Serve at once.

This is fine to eat after school or to make as a surprise for mother when she has a caller to tea. It is also good to serve with sandwiches at a party.



## CHEESE WAFERS TO SERVE WITH SALAD

Lay 2 dozen crackers in neat rows in a cookie pan.

Slice American cheese into very thin slices.

Lay 1 piece of cheese on each cracker. (If slices are too large, break in two as no cheese should lay over the edge of the cracker.)

Put in a moderate oven till cheese melts—this will take six or seven minutes.

Serve while hot with a salad.

Or the crackers may be taken from the pan, cooled and wrapped in oiled paper for picnic use.

Square crackers are the best shape for this recipe as they hold the cheese neatly.



## MARSHMALLOW CRACKERS

Arrange 2 dozen square crackers in a shallow pan. (The crackers commonly known as "soda crackers" are best.)

Lay 1 marshmallow in the center of each cracker.

Put the pan in a moderately hot oven and bake crackers till marshmallows are lightly browned. It is necessary to watch the marshmallows closely as the fine flavor is spoiled if they get too brown.

Take pan from the oven.

Remove the crackers from the pan with a pancake turner. Arrange on a plate or cake basket and serve at once.

These are nice to use for a dessert or with cocoa and sandwiches at an afternoon party.





## HURRY-UP MACAROONS

Put 1 cupful of sugar,  
1 tablespoonful of butter substitute,  
the yolks of 2 eggs into a mixing bowl.

Beat till creamy.

Add 1 teaspoonful of vanilla and  
1 tablespoonful of milk and beat again.

Then add 2 cupsful of cornflakes,  
 $\frac{1}{2}$  cupful of raisins,  
 $\frac{1}{2}$  cupful of nut meats (these may be  
omitted if they are too expensive).

Mix well.

Beat the whites of 2 eggs till stiff.

Fold—not beat but *fold* with a very gentle  
motion—the whites into the other mixture.

Drop a teaspoonful at a time on a buttered  
tin.

Bake in a moderate oven till nicely brown.  
Do not put too close together, as cookies will  
spread a little in cooking.

These are fine to use for a party at home or at  
school.



## RICE COOKIES

Put  $\frac{1}{4}$  cupful butter substitute,  
 $\frac{1}{4}$  cupful of sugar,  
 $\frac{1}{4}$  cupful corn syrup,  
1 egg (use whole egg together),  
2 tablespoonsful milk,  
 $\frac{1}{2}$  teaspoonful flavoring (vanilla or almond), into a mixing bowl and beat till creamy.

Add 1 cupful rice flour.

Stir in the flour gradually. The dough should be very stiff. Rice flour varies a little so if the dough is not very stiff, add  $\frac{1}{4}$  cupful of wheat flour.

Sprinkle rice flour on a mixing board.

Put the dough on the board, roll very thin and cut into cookies with a cookie cutter.

With a large spatula place the cookies in a cookie pan.

Work the scraps together, roll out and cut till every scrap is used.

Bake in a moderate oven till straw colored.

If you like you may put a nut meat or a half of a candied cherry in the center of each cookie before baking.



## RICE COOKIES

Remove from the pan with a spatula and lay on a clean napkin till cool.

These are delicious to serve with iced tea or iced cocoa in the summer time.



## CHRISTMAS STARS

This is a very fine Christmas cookie.

Sift together  $\frac{1}{2}$  pound of sugar and  
 $\frac{1}{2}$  pound of flour.

(Weigh these two materials if possible; if you have no scales use  $1\frac{1}{4}$  cups of sugar and 2 cups of flour.)

Measure out  $\frac{1}{4}$  pound of butter substitute and lay it on top of the sugar and flour.

Open 1 egg. Drop the white on a small saucer and put the yellow on top of the butter substitute.

Open a second egg and drop the whole egg on top of the butter substitute. (Be sure to save out the white of the *first* egg; then if the yellow breaks and you cannot successfully separate the white and yellow, you can use that whole egg and have another chance at getting a perfect white for later use.)

With the tips of fingers mix together the flour, sugar and butter. If the hands are washed in cold water just before doing this the job can be neatly and quickly done.

Add 2 tablespoonsful of cold milk and mix again.





## CHRISTMAS STARS

Divide the lump of dough into two parts.

Drop one part onto a floured board.

With a well floured rolling pin roll out *very* thin.

Cut in star shapes with a cookie cutter.

With a pancake turner or a spatula lift each cookie into a slightly greased cookie pan.

When one pan is full of cookies, take a small paint brush or a bit of clean cotton, dip in the unused white of egg, and brush over the top of each cookie. This will make the cookies look glazed when they have been baked.

Press  $\frac{1}{4}$  of a candied cherry on each cookie.

Bake in a moderate oven till light brown.

Remove from pan at once, being careful not to break.

When the first half of the recipe is baked, begin on the second half—this makes the rolling and cutting easy.

These cookies are fine to make on a Saturday morning some two weeks before Christmas. Pack the cookies in a tin box or stone jar. They are also very fine for sending to a friend out of town as they pack well (put in layers between oiled paper) and keep well.

The recipe makes about six dozen if each cookie is rolled as thin as it should be.



## SALADS AND SALAD DRESSINGS



## COOKED SALAD DRESSING

Put 1 quart of water into the lower part of a double boiler and set over the fire.

Into the upper part of the boiler put:

1 cupful top milk or cream,

3 tablespoonsful sugar,

1 teaspoonful salt,

$\frac{1}{4}$  teaspoonful pepper,

1 tablespoonful butter.

While this is getting hot dissolve:

3 tablespoonsful cornstarch,

$\frac{1}{2}$  teaspoonful mustard in 2 tablespoonsful of milk or water. Milk is best.

Stir this into the contents of the double boiler and cook till thick. Stir gently while it is cooking in order to aid in smoothness.

Measure out 1 cupful of vinegar.

When the contents of the double boiler have become very thick, stir in the vinegar. Pour it in very slowly and stir all the time so that the dressing does not get lumpy.

When the vinegar is all in, stir for 2 minutes longer and then let cook for 15 minutes.

While the dressing is cooking, open 2 eggs



## COOKED SALAD DRESSING

and divide the yellows from the whites. Only the yellows are needed for this dressing. It is a good plan to make salad dressing the same morning as other baking is being done. Then you can plan to use the whites of the eggs for something else. 3 yellows may be used if desired and the dressing will be still better.

Beat the yellows till thick and creamy.

Take out 2 tablespoonsful of the hot dressing and beat with the yellows. Then add 2 tablespoonsful more. This heats the yellows gradually so no lumps are made.

Set the double boiler from the fire.

Beat the egg and dressing into the contents of the double boiler. By this method of adding the egg, the dressing is thickened without becoming "egg-y" or lumpy.

Pour the dressing into a jar and put in a cool place.

When cool this dressing may be used plain or it may be mixed with whipped cream (use equal parts of dressing and cream measured before whipping) for a delicious fruit salad dressing.

This dressing is fine for spreading on sandwiches or for any salad.





## FRENCH SALAD DRESSING

Chill a mixing bowl. This may be done by running cold water over the bowl for a few minutes or by putting the bowl in a cold place some time before it is needed for use.

Put into the cold bowl

½ teaspoonful salt,

¼ teaspoonful paprika,

4 tablespoonsful vegetable oil (olive oil or any high grade vegetable oil may be used),

2 tablespoonsful white vinegar. (For a dainty fruit salad, lemon juice may be used instead of vinegar.)

Beat the ingredients with a fork for 2 minutes and pour immediately over the salad.

If the taste of onion is liked, rub the mixing bowl with freshly cut onion just before making the dressing.

For variety try cutting a few bits of chives and dropping in with the dressing just before beating it.

If the family is fond of salad and use a good



## FRENCH SALAD DRESSING

deal, this dressing may be made up and kept on hand ready for use.

Put the ingredients into a bottle, cork tightly and set in a cold place.

When ready to use, shake the bottle hard and pour the dressing at once over the salad.

This dressing may be used on plain lettuce salad or on any fruit or vegetable salad.



## STRING BEAN AND CARROT SALAD

Take 2 cupsful cooked string beans cut in inch lengths,

2 cupsful of cooked carrots diced,

2 small green onions cut fine.

If there are on hand a small amount of cooked peas, beets or other suitable vegetables these may be added.

Put all together in a salad bowl.

If vegetables have been properly seasoned in cooking no salt will be needed. If in doubt add  $\frac{1}{2}$  teaspoonful salt as cold vegetables need to be well seasoned.

Measure out 3 tablespoonsful vinegar,

3 tablespoonsful vegetable oil and

Pour both over the vegetables.

With a fork, toss together till every piece is shiny with oil.

Cover tightly (the onion will make careful covering necessary) and set in a cold place till mealtime. There should be more than an hour for chilling.

At mealtime, toss salad together again, garnish with a bit of lettuce around the edge of the bowl and serve very cold.



## SLICED APPLE SALAD

Wash 1 head of lettuce.

Pick the leaves apart and wash again.

Drain and wrap up in a cloth.

Put in the ice box or in a cool place till needed.

Scrub 2 bright red apples.

Crack and pick over 6 English walnuts. (Hickory nuts or wild walnuts may be used if you have some.)

Put 1 tablespoonful of lemon juice or the same amount of mild vinegar,

2 tablespoonsful of vegetable oil,

$\frac{1}{4}$  teaspoonful salt,

$\frac{1}{4}$  teaspoonful of paprika into a small bowl and mix well; set in a cool place till ready for serving.

Just before the meal is ready, core the apples with a corer and slice them into thin slices. Be sure that the red rind stays on each piece.

Arrange the lettuce neatly on salad plates.

Lay three slices of apple on each plate on top of the lettuce.

Put 2 halves of nut on top of apple on each plate.





## SLICED APPLE SALAD

With a spoon mix the dressing well.

Dip 2 teaspoonsful of dressing over each plateful of salad, being sure that it is well spread over, so that every bit of apple is seasoned.

Serve at once with crisp wafers.

This amount will serve 6 people.



## DESSERTS



## PLAIN CAKE WITH ICING

Put into a mixing bowl 1 egg (white and yellow both),

1 cupful sugar,

1 teaspoonful vanilla flavoring,

$\frac{1}{4}$  cupful butter substitute.

Beat till it looks like smooth cream. The success of any cake largely depends on the care and thoroughness of this beating.

When smooth and creamy add 1 cupful milk.

Sift together 2 cupsful flour and 4 level teaspoonsful baking powder. Sift these two ingredients twice so they may be well mixed.

Add flour and baking powder to the contents of the bowl.

Beat till all lumps are gone.

Pour into cake pans that have been made ready. (This cake makes two layers or may be made into one large, thick cake as desired. To prepare cake pans, grease the pans carefully. Line bottoms with paper cut to fit and grease again. (See directions under brown bread.)

Bake 25 minutes if made in 2 layers; 30 minutes if baked in 1 layer. Before taking



## PLAIN CAKE WITH ICING

from the oven, tap the top of the cake with the finger. If the cake is done, the crust will spring right back into place without leaving any finger prints. If a finger print is left, the cake needs to bake longer.

Take from the oven, run a small spatula around the edge of the pan; turn upside down over a wire cake rack, and the cake will drop out of the pan.

When cool, ice with a white icing made by creaming together  $1\frac{1}{2}$  cupsful confectioner's sugar,

3 tablespoonsful butter,

1 teaspoonful vanilla or almond flavoring,

2 teaspoonsful cream.

If chocolate icing is desired, add 1 square of melted chocolate to the above. With chocolate use vanilla flavoring.

The icing should be just soft enough to spread easily but should not run over the sides of the cake.





## COCOANUT PUDDING

Put into the upper part of a double boiler

1 quart of milk,

2 rounded tablespoonsful of minute tapioca.

Put at least a quart of water in the lower part and set over the fire.

When milk begins to get hot stir occasionally so that the tapioca will thicken evenly.

While milk and tapioca is cooking, open 2 eggs and divide the whites from the yellows.

Beat the whites till stiff and put in a cool place till they are needed.

Beat the yellows with  $\frac{1}{2}$  cupful of sugar and  $\frac{1}{2}$  teaspoonful salt.

When the milk and tapioca are smooth and thick stir in the yellows of egg and sugar. Pour gradually and stir all the time so that the yellows will not lump.

Add 3 tablespoonsful of grated cocoanut and continue stirring till well mixed.

Cook without stirring for 15 minutes till the pudding is like thick custard.

Take pan from the fire and hold in the left hand.



## COCOANUT PUDDING

With the egg beater held in the right hand, beat the whites, while pouring over them the hot custard. Beat till the custard and whites are well mixed.

Add 1 teaspoonful vanilla flavoring and beat till mixed.

Set aside till cool.

Serve cold with cream and, if desired, sugar.

This delicious pudding can be made early in the morning and kept in a cool place till time of serving. If desired, it may be poured into individual molds and served in sherbet dishes for a choice "company" dessert.



## BROWN BETTY PUDDING

Crumb enough old bread to make 3 cupsful.

Peel and slice enough apples to make 3 cupsful.

Butter a baking dish. Use one that can be taken to the table, as the pudding should be served in the dish in which it was baked.

Put into a dish  $\frac{1}{2}$  cupful of sugar,

1 teaspoonful ground cinnamon, and mix together.

Measure out 3 tablespoonsful butter and put in a warm place to melt.

Put a layer of apple slices in the bottom of the dish.

Shake over them a little of the sugar.

Put a layer of crumbs next.

Then a layer of apples on which you shake some sugar.

Continue till the baking dish is full, being careful to have a layer of crumbs on the top.

Pour the melted butter over the top, spreading it around so that all parts of the pudding are seasoned.

Bake 50 minutes in moderately hot oven.



## BROWN BETTY PUDDING

Serve hot with a sauce made by creaming together 1 cupful light brown sugar,

1 tablespoonful cream,

2 tablespoonsful butter.

A dish of this pudding, packed in a cup and covered with the sauce makes a fine dessert for a school lunch.





## RHUBARB TARTS

Sift together twice  $1\frac{1}{2}$  cupsful of flour,  
 $\frac{1}{2}$  teaspoonful salt,  
 $\frac{1}{2}$  teaspoonful baking powder.

With the tips of the fingers work in  
3 level tablespoonsful lard.

When the mixture is smoothly mixed and looks like fine grains, add 3 tablespoonsful very cold water. Work with the tips of the fingers and just barely handle the dough enough to get the water mixed thru.

Divide the ball of dough into 8 equal parts.  
Grease 8 tart pans or muffin rings.

Drop one of the 8 pieces on a well floured bread board and roll out thin.

Lay it in the center of one tart pan or muffin ring, and pinch up the sides to make a pretty pastry edge.

Do the same with every other bit of dough. Be sure that there are no holes in the bottom of any of the dough shells, as that would let the good juice run out and would spoil your tart.

When the 8 shells are ready,  
Peel 8 small or 4 large stalks of rhubarb.



## RHUBARB TARTS

Cut into small pieces.

Fill each tart shell as full as it can be filled.

Put 1 rounded tablespoonful of sugar on the top of the fruit in each tart.

Shake the pans gently so that the sugar settles down upon the fruit.

Bake in a moderately hot oven for 30 minutes. Do not let the edges get too brown.

Remove from the pans and serve either hot or cold.

These may be packed individually in paraffin paper for picnic use or for a school lunch.

These directions, with merely a change of the fruit may be used for berry, cherry or apple tarts.



## BAKED APPLES STUFFED WITH NUTS

Scrub 6 fine apples.

Remove the cores with a corer.

Set the apples upright in a baking pan or dish.

Fill the cores half full with light brown sugar. (Granulated sugar will do, but the other gives a fine flavor.)

Put in 3 or 4 nut meats and fill up the rest of the core with sugar.

Sprinkle over the tops 1 level teaspoonful of ground cinnamon, dividing it equally over the 6 apples.

Put  $\frac{1}{2}$  of a level teaspoonful of butter directly over the stuffed core of each apple.

Pour  $1\frac{1}{2}$  cupsful of water in the pan.

Bake for 50 minutes. (It is impossible to tell exactly how long apples should bake as the apples vary in size. If you use large apples they may need an hour while a very small apple will bake in 35 minutes. Use a moderately hot oven and bake till the apple is tender to a fork-prick and looks deliciously bursted open. A moderately large apple will be just right in 50 minutes.)



## BAKED APPLES STUFFED WITH NUTS

Serve hot with the syrup that has cooked into the pan.

These apples may be drained, cooled and wrapped in paraffin paper. Fixed this way they are fine to eat cold in a school lunch or to take on a picnic.





## ANGEL DESSERT

Measure out

1 cupful of cookie crumbs,

1 cupful of thick cream,

1 tablespoonful of powdered sugar.

If the crumbs are a little stale spread them on a pie pan and set them in a warm oven till they are hot. Then set out to cool.

Whip the cream till stiff.

Beat in the powdered sugar and add 1 teaspoonful of vanilla flavoring.

Stir in the cookie crumbs and serve at once in tall sherbet glasses.

This makes a quick, easy and nourishing dessert and also is a fine way to use up the cookie crumbs that are in bottom of the cookie jar. If you find there are no crumbs at hand, crumble up 4 macaroons in place of the cookie crumbs and make the same way.

The addition of chopped nuts or chopped raisins or cherries makes a pleasant change.



## FRUIT MARSHMALLOW WHIP

Materials: 1 box of fresh marshmallows,  
1/2 cupful of fruit juice (orange or grape  
juice is the best),  
1 cupful of heavy cream.  
1 tablespoonful of powdered sugar.

Cut the marshmallows into small pieces, and put them into a bowl.

Pour the fruit juice over the marshmallows and set in a cool place for 2 hours. During this time the marshmallows will soak up all the fruit juice and will become soft and luscious.

Then whip the cream till stiff.

Add the sugar and the soaked marshmallows.

Serve at once in small glasses or tall sherbet glasses.

Add a candied cherry or nut meat to the top of each glass as a garnish if desired.

This will serve 8; divide or increase the recipe if fewer or more are to be served.

This makes a very delicious company or party dessert.



## SNOW CUPS

Put 2 cups of milk in the upper part of a double boiler.

Put 1 quart of water in the lower part and start to boiling at once.

Put  $\frac{1}{2}$  cupful of sugar and

1 saltspoonful of salt in with milk.

While the milk is getting hot dissolve

4 level tablespoonsful of cornstarch with  $\frac{1}{2}$  cupful of milk. (Use small bowl or a cup.)

When the milk in the boiler is steaming hot stir in the dissolved cornstarch and milk.

Stir slowly till it thickens.

Cover and cook for 20 minutes.

While this is cooking get out 6 small cups or gelatine molds; rinse them out with cold water and set them in a shallow pan.

At the end of 20 minutes, take the double boiler from the fire.

Then add 1 teaspoonful of vanilla and 2 tablespoonsful of grated cocoanut to the cooked milk. (The cocoanut may be omitted if you wish.)

Stir till well mixed.



## SNOW CUPS

Pour the mixture into the molds and set in a cool place.

When ready to use, run a sharp knife around the edge of each cupful to loosen the pudding. Turn each cup (or mold) over a small plate or dish and the individual pudding will slip right out.

The snow cups may be turned out into a sauce dish and eaten with cream, or served upon a small plate and garnished with a cherry or a little fruit syrup and eaten without cream.





## SANDWICHES



## CHEESE DREAMS

Cut 8 slices of bread. (Large sized loaf.)

Butter four slices.

Grate cream cheese over the other 4 slices. (If it is not convenient to grate the cheese cut it into very thin slices and arrange it neatly on the bread.)

Press the buttered slices, butter side down, onto the cheese-covered slices.

Lay the four large sandwiches thus made on a pan and put in rather hot oven till brown. These may be toasted on an electric or any other kind of toaster provided the sandwiches can lie flat while toasting. If they are tilted the cheese will run out while cooking.

Cut each sandwich in two diagonally and serve at once.

These sandwiches will take the place of meat at luncheon or Sunday evening tea.

When used at a picnic, they can be made, ready for the toasting, at home and then toasted in a wire toaster over an open fire. Very delicious.



## VALENTINE SANDWICHES

With a sharp knife cut a loaf of bread that is more than one day old into thin slices.

Boil 2 eggs for 15 minutes. (These may be boiling while bread is being cut.)

Cool in running water, peel and divide yellows from whites.

Chop whites fine. (May be put thru a grinder.)

Mix yellows with  $\frac{1}{2}$  teaspoonful salt,  $\frac{1}{4}$  teaspoonful mustard, 1 teaspoonful vegetable oil and 1 teaspoonful vinegar.

Beat till creamy.

With a heart-shaped cookie cutter cut the slices of bread into heart-shaped slices.

Spread the center of each piece of bread with yellow mixture.

Sprinkle chopped white around the edge and press firmly on bread.

Dot center of the yellow part with 2 tiny bits of red pimento.

Serve on napkin covered plate with sandwiches of plain bread and jam cut in oblong shape.



## VALENTINE SANDWICHES

It will be noticed that this is an uncovered sandwich and is unusually pretty and "party" like. It is very nourishing too, and when served with hot cocoa and heart-shaped cookies, it makes a nice feature for a Valentine party.





## SANDWICHES FOR AN EASTER PARTY

With a very sharp knife cut a loaf of bread that is more than a day old into thin slices.

With a rabbit-shaped cookie cutter cut each slice into rabbit shape. Use the scraps of bread for meat loaf, bread pudding, bread muffins, or scalloped corn or fish—not a scrap should be wasted.

Make a paste of the yellows of 2 hard boiled eggs and 4 teaspoonsful of boiled salad dressing.

Spread the paste very thin on the rabbit-shaped slices of bread. Put in 2 tiny colored candies (green or brown) for the eyes.

Serve with sandwiches made of plain bread and butter cut in triangles, and ham sandwiches cut oblong.

The rabbit sandwiches, being uncovered, are very pretty when thus served with plain sandwiches.



## HAM SANDWICHES

Put thru the meat grinder enough ham to make  $\frac{1}{2}$  cupful. This may be scraps of ham or may be fresh boiled ham cut in thin slices before grinding.

Put thru the grinder the second time, adding the whites of 2 hard boiled eggs or two whole hard boiled eggs and grinding all together.

Mix with 4 teaspoonsful of boiled salad dressing and spread on thin slices of bread.

Press cover slice in place and cut in two oblong sandwiches.



## RAISIN SANDWICH FILLING

Grate the rind and squeeze out the juice of 1 lemon.

Put 1 cup of water,  
     $\frac{3}{4}$  cup of sugar,  
with the lemon juice and grated rind and bring to a boil.

While this is getting hot put 1 cupful of seeded raisins thru a grinder.

Dissolve 2 level tablespoonsful of cornstarch in 2 tablespoonsful of water.

When juice, sugar and water has boiled 2 minutes, add the dissolved cornstarch and cook slowly 6 minutes.

Add ground raisins, stirring all the while.

As soon as the mixture begins to boil, after the raisins have been added, set the pan from the fire and let stand 10 minutes.

Then pour into a bowl or jar and set in a cool place. This filling will keep for several days.



## RAISIN SANDWICH FILLING

To make sandwiches: Spread one piece of thin bread with butter and another with the raisin mixture. Press together and cut in two parts, diagonally. Serve at once or wrap in paraffin paper till needed.

Or: cut one half the bread with round cookie cutter and one half with doughnut cutter of the same size. Put raisin filling on cookie part. Butter doughnut shape and press down on other part. Drop a bit of bright red jelly in the hole.





JAMS AND CONSERVES



## STRAWBERRY JAM

Pick over 1 quart of strawberries.

Wash carefully, being careful not to break or mash the tender fruit.

Measure and pour into a saucepan.

Add an equal amount of sugar.

Shake the pan till every berry is covered with sugar. They should be still damp from the washing and the sugar will easily stick to the fruit.

Set over a very low fire and, without stirring, let the sugar melt.

In a few minutes there will be plenty of juice drawn from the berries by the melting sugar.

Increase the heat till fruit begins to boil.

Let boil briskly exactly 8 minutes. Twice during this time stir very gently so that no fruit or sugar sticks to the bottom of the saucepan.

Take up at once into jelly glasses, and when cool cover with melted paraffin.



RASPBERRY JAM, (both red and black)

GOOSEBERRY JAM

CURRANT JAM

BLACKBERRY JAM

All these fruits may be made into delicious jam by the same recipe given for *Strawberry Jam*. In each case be careful to add the sugar while berries are still damp from the washing, and avoid stirring as this will break the berries. Stir only twice and that while boiling is going on.

All of these fruits, including strawberries, when made by the above recipe, are delicious for making ice cream sundaes.



## 1, 2, 3, 4, JAM

Take 1 pineapple (or 1 can of grated pineapple),  
2 lemons,  
3 oranges,  
4 apples.

Peel the pineapple, core and take out eyes.

If the orange is a kind that has much "white" to the rind, peel off half the rind.

Cut the orange and lemon into 8 pieces each.

Peel, quarter and core the apples.

Put all fruit thru a coarse grinder.

Mix fruit and any juice that has escaped, and measure.

Take an equal amount of granulated sugar and mix thoroly with the fruit.

Put over a very slow fire till mixture boils.

Boil 20 minutes.

Pour into jelly glasses.

This recipe should make about 15 glasses. If small apples are used take 8 instead of 4. This is a fine jam to make in the springtime when the jam shelf begins to look bare. It makes very fine picnic sandwiches.





## PEAR HONEY

Peel eight large "winter" pears. These are hard, green and brown pears that come late in the year and that are inferior for eating.

Cut in quarters, remove cores and put thru a coarse grinder. Be sure to catch all the juice that may run from the grinder while the pears are being ground.

Mix pear and juice, and measure.

Measure out an equal amount of sugar.

Mix together well and put over a slow fire.

After it comes to a boil increase the heat till it bubbles briskly.

Cook for 20 minutes, stirring frequently so that it does not scorch.

Pour into small glasses or jars and, when cool, cover with melted paraffin the same as for jelly.



## PEACH JAM

Peel and remove stones from 12 peaches.

Put into saucepan and, with a big spoon or wire potato masher, break peaches into small bits. This work must be done quickly so that peaches will not turn brown.

Measure the pulp.

Add an equal amount of sugar and mix well.

Put over a slow fire till it comes to a boil.

Then slightly increase the heat and cook 15 minutes.

Pour into small jars or glasses and seal with paraffin.



## RHUBARB CONSERVE

Wash, peel and cut up into 1 inch pieces enough rhubarb to make 1 quart.

Put in a saucepan and add:

3 cupsful of sugar,

1 lemon cut into tiny slices.

Toss together till well mixed and then

Put over a slow fire till sugar melts and draws juice from fruit.

When there is plenty of juice in pan, increase the heat and cook till mixture has boiled 10 minutes.

Add 1 cupful of seeded raisins.

Stir in well and cook for 10 minutes more.

Pour into small jars and use while fresh.

This is very nice in the springtime when rhubarb is plenty. The early summer rhubarb, which is a little strong, may also be used this way.



## VICTORY JAM

Soak 1 pound dried peaches for 1 hour.

Wash carefully in 3 changes of water. (The soaking loosens dirt and grit and is very important.)

Pour over the peaches 1 quart of freshly boiled water, cover and let soak for 24 hours.

The skins will easily rub off by that time and it is best to remove them—especially if they are furry.

Put on to boil over a low fire. There should be enough water to cook, tho most of the quart will have soaked into the fruit.

Cover tightly while cooking and simmer for 1 hour.

Mash well with potato masher; a wire masher is best.

Add  $\frac{1}{2}$  cup sugar,

$\frac{1}{2}$  cup corn syrup,

2 teaspoonsful ground cinnamon,

1 lemon shaved into tiny slices,

1 cup seeded raisins and stir in with fruit.

Simmer gently for  $\frac{1}{2}$  hour.

Put into small jars.

This is very fine to serve with hot biscuits.





## APPLE HONEY

Save the peelings and perfect cores from twelve apples. Perfect cores are cores without worms.

Wash and put on to cook with 1 pint of water.

Cover and cook slowly till the water is about half boiled away. This will take at least 25 minutes and may take longer.

Strain thru a fine sieve. Press gently with a broad spoon to press out all the juice.

Measure the juice; there should be more than a cupful.

Put the juice into a saucepan and add  $\frac{3}{4}$  as much sugar as you have juice.

Stir till sugar is dissolved.

Put over the fire and cook till juice drips like thick syrup when dropped from a spoon.

Pour at once into jelly glasses.

This is delicious with hot biscuits, for sandwiches or to eat on bread between meals. It costs nothing but the sugar.



## OLD FASHIONED APPLE SAUCE

Peel, quarter and core 8 medium sized apples. The tart cooking apples are the kind to use for this sauce.

Wash and put in a saucepan.

Pour water over them; pour slowly and use just enough so that you can see the water between the apples at the side of the pan; not quite enough to cover the apples with water. This will take about 3 cupsful.

Cover well and cook slowly for 15 minutes.

Remove from the fire and test with a fork. If the apples are cooked enough they will be very tender when pricked. Cook till tender, testing as needed.

When tender mash with a potato masher or large spoon till apple quarters are well broken up.

Stir in 2 cupsful of sugar and set back on fire.

Cook 10 minutes.

Remove from fire, take up a little of the sauce into a dish and test for sweetness. Apples vary so much that it is impossible to tell exactly how



## OLD FASHIONED APPLE SAUCE

much sugar is needed. If too tart add  $\frac{1}{2}$  cupful of sugar and cook 3 minutes.

Serve when cool.

This is a tasty and wholesome dish for either breakfast or luncheon.



GOOD THINGS TO DRINK





## HOT COCOA

Put 1 rounded teaspoonful of cocoa,  
2 rounded teaspoonsful of sugar and  
 $\frac{3}{4}$  cup of cold water into a saucepan over  
the fire.

Boil three minutes (count time after boiling  
begins).

Add  $1\frac{1}{2}$  cupfuls of milk.

Cook till milk forms a skin on the top. Do  
not boil.

Pour into 2 cups and, while very hot, drop a  
marshmallow into each cup.

This is very easy to make and is very refresh-  
ing and nourishing. Try it some time when  
you come home from school tired and hungry.

If more than 2 cups are desired multiply the  
recipe to make the desired amount.



## ICED COCOA

Make a rich syrup by boiling together for 5 minutes

4 teaspoonsful cocoa,  
8 teaspoonsful sugar,  
1 cupful of water.

Put in a bottle with a well fitted top.

When ready to use add 1 tablespoonful of the syrup to each glassful of cold milk. Stir well and serve.

The syrup may be made in a larger quantity, say two or three times this recipe, and may be put away in a cool place for future use.

Iced cocoa is both refreshing and nourishing and is an ideal summer drink.



## GRAPE JUICE PUNCH

Roll 1 lemon till soft.

Cut in half crosswise and squeeze out juice with a lemon squeezer.

Put juice in a pitcher and add 1 tablespoonful of sugar.

Then add  $\frac{1}{2}$  cupful of grape juice,  
2 cupsful of water,  
1 cupful of shaved ice.

Stir well and serve at once in small glasses.

This is nice for afternoon tea or for dessert at luncheon.



## MILK SHAKE

Divide the yellow and white of one egg.

Beat the white till stiff.

Beat the yellow till creamy and stiff, then add

2 teaspoonsful of sugar,

$\frac{1}{4}$  teaspoonful salt,

$\frac{1}{4}$  teaspoonful vanilla and beat again.

Measure out 2 cupsful milk. (Skimmed milk will do very nicely for this recipe.)

Beat very slowly so there is no splash, and add the milk to the yellow, bit by bit. Beat till it is all well mixed.

Add  $\frac{2}{3}$  of the beaten whites and beat again.

Arrange 2 glasses on small plates, and lay a wafer or cookie on each plate; also a spoon so that everything is ready to serve.

Beat the mixture again until the white is well mixed, and pour into 2 glasses.

Top each glassful with  $\frac{1}{2}$  of the remaining beaten white.

Garnish with a tiny bit of grated nutmeg and serve at once.





## MILK SHAKE

Milk shake is very nourishing to drink when you are tired. Make it some day after school or make it as a surprise for mother sometime when you come home and find her tired. It is very refreshing.



## ICED TEA

Fill a teapot with boiling water and let stand.

Put a pint of fresh water on to boil.

When the bubbles in the water show that it is almost to a boil, pour the water from the teapot, and put 1 heaping teaspoonful of tea into the pot.

The instant the pint of water begins to boil pour the water into the teapot on top of the tea.

Let stand fifteen minutes.

When ready to use, put a few small pieces of ice into a pitcher, fill almost full of water and add the tea. Adding the tea last makes it mix better with the water.

Garnish with a few very thin slices of lemon or 4 whole cloves.

This recipe will make 2 quarts of tea—12 glasses.

If desired it may be served in individual glasses; in that case put a small piece of ice into each glass and garnish with  $\frac{1}{2}$  of a thin slice of lemon. When chilled water is used, no ice is necessary.



## BREAKFAST FOOD



## RAISIN MUSH

Put 1 quart of water and

1 teaspoonful of salt in a saucepan.

Bring almost to a boil.

While the water is heating measure out 1 cupful of cornmeal.

Just before the water begins to boil start stirring the water, and as you stir, shake in the corn meal a small bit at a time. It should take three minutes to shake the cupful into the water. Stir all the time.

When all the meal is in, let boil without stirring for 3 minutes.

Add 1 cupful (or less if desired) of seeded raisins and stir again.

Let cook very slowly for five minutes and serve at once while hot. Eat with cream and light brown sugar.

This dish makes a complete meal in itself as the meal, raisins, sugar and cream give the body all the sorts of nourishment needed. Very fine for breakfast, luncheon or Sunday night supper.





## CONFECTIONS



## STUFFED PRUNES

Put 1 pound of prunes in a pan and cover with water.

Let stand  $\frac{1}{2}$  hour.

Wash in three changes of water. (The standing in water will loosen the dirt and will make the prunes very clean and free from dirt.)

Put back in the pan, and pour over the prunes 1 quart of fresh water.

Cover and let stand 24 hours. During this long time the prunes will soak up practically all of the water.

Remove from the pan and drain. There should be no water left but in case a little does remain, it may be used in a pudding sauce.

When the prunes are drained, remove the seeds. This is careful work and should be done very neatly. Slit each prune down the long side, poke out the seed, tuck the cut edges in neatly and pinch the prune into shape. If desired a nut meat may be inserted in the place of the seed.

As each prune is seeded and tucked into shape, lay it on a plate or piece of paraffin paper.



## STUFFED PRUNES

When all the prunes are prepared in this way, fill a sauce dish with granulated sugar and roll the prunes, one at a time, in the sugar.

Arrange on a bonbon dish or pack in neat rows in a tin box for future use.

Notice that these prunes are not cooked; the long soaking makes them plump and sweet and they taste fresh and delicious. They make a fine addition to a plate of mixed candies or they may be served in place of dessert after dinner. They are very wholesome.



## CANDY BALLS

A best-of-all Christmas candy that is good any time of year

Measure out 1 cupful of dates, seeded,  
1 cupful of figs,  
1 cupful of prunes (cooked and seeded),  
1 cupful of nuts, any kind.

Put all thru a meat grinder using the medium sized cutter.

Take the juice and grated rind of 1 orange.

Mix all together into a smooth paste.

Roll the paste into small, even-sized balls about the size of a marble.

Put  $\frac{1}{4}$  cupful of granulated sugar on a plate.

Toss the balls, 4 at a time, in the sugar till they are well covered.

Lay in neat rows on paraffin paper or a large plate for at least 1 hour to dry.

These balls may be packed for mailing in a tin box and are a good Christmas gift. Or a dozen and a half of the balls arranged with a dozen Christmas Star cookies on a holly trimmed plate make a nice gift for a favorite neighbor.





## PUFFED RICE BALLS

Measure out 4 cupsful of puffed rice.

Spread this out on a shallow pan and set it in a warm oven till the rice is crisp and hot. The oven should be only moderately hot and the crisping will take about 10 minutes.

While the rice is in the oven, cook together

1½ cupsful of sugar and

½ cupful of water.

Cook about 8 minutes.

Test by dripping from a spoon. When the syrup drops in a long hair-like thread it is done.

Remove from the fire.

Toss the rice into the pan with the syrup and tumble together with a fork.

When every bit of rice is covered with sugar, grease the hands with a bit of butter, as for pulling taffy, and form the rice into balls. This amount will make 8 or 10 according to the size chosen.

Put on a buttered plate to harden.



## PUFFED RICE BALLS

These balls may be eaten at once or they may be wrapped in paraffin paper and put in a lunch or served at a school or home party.

Popcorn balls may be made the same way using freshly popped corn instead of puffed rice.



## SUGGESTED MENUS



## FOR BREAKFAST

Oranges      Cereal  
Bacon Omelet      Toast      Cocoa

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Fresh Tomatoes on toast  
Popovers      Coffee

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Bananas  
Corn Oysters      Bran Muffins  
Milk

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Potato Cakes      Scrambled Eggs  
Toast      Coffee





## FOR LUNCHEON

### *At Home*

Luncheon Potatoes  
Brown Bread      Fresh Apple Sauce  
Lettuce Salad      Milk

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### *At Home*

Creamed Beef on toast  
Spoon Biscuit      Victory Jam  
Cocoa

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### *For a Picnic*

Deviled Eggs      Brown Bread and Jam  
Raisin Sandwiches      Ham Sandwiches  
Rhubarb Tarts      Puffed Rice Balls

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### *To Take to School*

Ham Sandwiches (2)      Jam Sandwiches (2)  
Lettuce Sandwiches (2)  
Brown Betty Pudding with sauce



## FOR DINNER

Ham and Eggs, junior fashion  
Riced Potatoes    Spinach  
Bread    Butter  
Sliced Apple Salad  
Snow Cups

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Meat Loaf    Browned Potatoes  
Baked Corn    Bread    Butter  
Lettuce Salad  
Cocoanut Pudding

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Mexican Lamb    Carrots  
Cornflour Muffins  
Vegetable Salad  
Angel Dessert

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Baked Sausage with Vegetables  
Buttered Beets    Bran Muffins    **Jam**  
Baked Apples stuffed with Nuts









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